

DATE: MAY 11, 2020 | VEGETARIAN

HOORAY, IT'S MONDAY!

From 60° days to overnight frost, gotta love how Wisco-Spring teases. Our farmers planted ferociously last week, and then ran row covers to protect the tender seedlings. And, we are working with the weather, with a burger to grill out or cook inside! And, dishes that are as bright as the season and comforting when there is a chill.

black bean burger

with onion jam and animal sauce
and farro roasted vegetable salad

sweet potato tortilla soup

with avocado crema and
spiced tortilla strips

**sweet potato, spinach and
cauliflower coconut curry**
with pita bread

We source our ingredients from local producers whenever possible. This week's meal kits feature ingredients from these amazing producers:

Arndt Farms

Madison Sourdough Co.

Winterfell Acres

Elderberry Hill Farms

Meadowlark Organics

Garden To Be

EXTRA GOODNESS

morning glory muffins

whole wheat flour, green apple, brown sugar, carrot, egg, sunflower oil, golden raisin, orange juice, walnuts, shredded coconut, sunflower seeds, vanilla extract, baking soda, cinnamon, ginger, salt.

Contains: Wheat, egg, nuts.

① THE COOK KIT

black bean burger

with onion jam and animal sauce
and farro roasted vegetable salad

PREP &
COOK TIME

25
MINUTES

IN YOUR BAG

Black Bean
Burger Mix

Brioche Bun

Red Onion Jam

Animal Sauce

Arugula

Farro Roasted
Vegetable Salad

PAIR WITH

El Jefe
Tempranillo
or
Ale Asylum
Ambergeddon
Amber Ale

- 1 Divide burger mix into individual portions and shape into patties. Pinch the center of the patty between your thumb and finger to make center slightly thinner -- it will cook more evenly.
- 2 Preheat the grill or heat a small amount of olive oil or butter in a skillet over medium high heat
- 3 Cook the burgers on the grill or in the skillet, cook on the first side for 4 minutes. Flip and cook until internal temperature (measured with an instant thermometer) reads 160°F, or to desired doneness.*
- 4 Toast bun or warm for a few seconds in microwave. Spread onion jam on bottom bun, top with burger, arugula, animal sauce, and top bun. Serve farro roasted vegetable salad alongside burger.

*Consuming raw or undercooked burgers may increase your risk of foodborne illness.

Black bean burger: Black bean, onion, poblano pepper, garlic, chipotle, walnut, muenster, mayo, egg, panko.

Red Onion Jam: Olive oil, red onions, red wine, brown sugar, thyme, balsamic vinegar, salt, pepper **Animal sauce:** Shallots, mayo, mustard, garlic, capers, ketchup, hot sauce, spices. **Farro Vegetable Salad:** Farro, turnip, radish, carrot, kale, canola oil, red wine vinegar, onion, garlic, dijon, salt, pepper **Brioche Bun:** Wheat flour, egg, milk, sugar, butter, water, salt, yeast

Contains: Wheat, milk, egg, nuts.

② READY-TO-EAT

sweet potato tortilla soup

with avocado crema
and spiced tortilla strips

Place soup into a saucepan over medium heat. Cook, stirring occasionally, until soup is hot and bubbly, about 10-15 minutes. Alternately, transfer soup to a microwave-safe dish and cover. Microwave on High for 3-5 minutes; stir, reduce heat to Medium High, and continue to cook, stirring every minute or so, until hot, about 2-8 minutes more. Rest in microwave for 3 minutes before serving.

Place soup in bowls, garnish with lime crema, and tortilla strips.

Sweet Potato Tortilla Soup: Sweet potato, Corn, tomatoes, onions, black beans, chiles in adobo, masa, poblano peppers, vegetable stock, seasonings, lime.

Avocado Lime Crema: Sour cream, lime, cilantro, salt

Tortilla Strips: Corn tortilla, canola oil, dried chilis, spices, salt, pepper

Contains Milk.

③ FARM-TO-FREEZER

sweet potato, spinach and cauliflower coconut curry with pita bread

See label for reheating instructions

GET IN TOUCH

2433 University Avenue
608.665.3770 • pastureandplenty.com

M 3:30pm-7:30pm T-F 11am-7pm
SAT 9am-1pm